

# **LINCOLN COUNTY SCHOOLS BYLAWS & POLICIES**

## **8510 - WELLNESS**

As required by law, the Board of Education establishes the following wellness policy for Lincoln County Schools.

## **MISSION STATEMENT**

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the County's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

## **FACTS LEADING TO THE DEVELOPMENT OF A WELLNESS POLICY**

- A. Sixty-eight percent (68%) of West Virginia adults are obese or overweight.
- B. Twenty-nine percent (29%) of West Virginia high school students are overweight or at risk of becoming overweight.
- C. Sixteen percent (16%) of low-income children between two (2) and four (4) years of age in West Virginia are obese.
- D. Obesity rates have doubled in children and tripled in adolescents over the last two (2) decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.

- E. Heart disease, cancer, stroke, and diabetes are responsible for fifty-four percent (54%) of the deaths in the United States as of 2014. Major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.
- F. Lincoln County is currently rated 48/55 counties in health outcomes/quality of life
- G. Lincoln County is currently rated 50/55 counties in health factors /well-being.

The Lincoln County School Board recognizes that while parents are the primary teachers and caregivers of their children, the present and future health, safety, and well-being of students are also the concern of the Lincoln County Schools.

The Lincoln County School Board recognizes there is a nationwide crisis regarding childhood hunger that also affects the students of Lincoln County and acknowledges there is a continuing need for assistance through school food pantries and backpack blessing programs.

## **GOALS**

Schools will provide nutrition education to foster lifelong habits for healthy eating and will establish links between health education and school meal programs. Schools will provide physical education programs that are designed to stress physical fitness and encourage healthy, active lifestyles.

- A. Child nutrition meals served through the National School Lunch and Breakfast Programs will meet all requirements of the Federal, State and local nutrition standards.
- B. Schools will take every measure to ensure that student access to foods and beverages meet Federal, State and local laws and guidelines.
- C. Schools will provide a healthy and safe environment that supports academic success and well-being before, during, and after school.
- D. Schools will provide access to the updated county wellness policy. Notices will be available through the county website and in the local newspaper.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the County shall:

1. Nutrition education shall be included in the Health curriculum in accordance with the West Virginia State Board of Education policy 2520.5 for grades 5-12 and policy 2520.55 for grades K-4, Health Content Standards and Objectives and where pertinent 2520.13, Vocational Education Content Standards and Objectives, so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
3. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
4. The standards and benchmarks for nutrition education shall be behavior focused.
5. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
6. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.

7. Nutrition education posters, such as My Plate, will be displayed in the cafeteria.
8. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
9. Nutrition education shall extend beyond the school by engaging and involving families and the community.
10. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
11. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
12. The County shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.
13. Nutritional newsletters are available quarterly to promote wellness/nutritional related articles for the entire family.
14. Nutritional information concerning school menus and wellness activities are featured on the County website to reinforce learning opportunities for the family.

B. With regard to physical activity, the following provisions must be included in the wellness policy, the County shall:

1. All students in grades K-5, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for at least thirty (30) minutes, three (3) days per week, including physical exercise and age appropriate physical activities.
2. All students in grades 6-8, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive at least one (1) full period of instruction in physical education each school day of one (1) semester of the school year, including physical exercise and age appropriate physical activities, and shall have the opportunity to enroll in an elective lifetime physical education course.
3. All students in grades 9-12, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive at least one (1) full course of instruction in physical education, including physical exercise and age appropriate physical activities, and shall have the opportunity to enroll in an elective lifetime physical education course.

## **Physical Education**

1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the content and objectives established by State Board of Education policy 2520.6.
2. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
3. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
4. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
5. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.
6. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.
7. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
8. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.

9. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

## **Physical Activity**

1. Physical activity shall not be employed as a form of discipline or punishment.
2. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
3. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
4. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
5. All students in grades 6 - 12 maintaining a 2.0 grade point average and meeting the attendance requirements set forth in State Board of Education policy 2436.10 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.
6. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.

7. All after-school programs shall provide developmentally appropriate physical activity for the students who participate.
  8. Body mass index measures shall be used as an indicator of progress toward promoting healthy lifestyles among students. Body mass index measures shall be included in kindergarten screening procedures. Students in grades four through eight and students enrolled in high school education courses shall have their body mass index measured through required fitness testing procedures. Body mass index measures shall be reported to the State Department of Education via the West Virginia Education Information System. This measurement process will be conducted in a discreet manner as to not humiliate the students.
  9. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
- C. With regard to other school-based activities, the County shall follow all Nutrition Guidelines for all foods and beverages on campus:
1. The schools shall provide at least ten (10) minutes daily for students to eat breakfast, and at least twenty (20) minutes daily for students to eat lunch.
  2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
  3. The school shall provide attractive, clean environments in which the students will eat.

4. Students in Lincoln County Schools are permitted to have water in classrooms.
5. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
6. Schools may limit the number of celebrations involving serving food during the school day to no more than four (4) parties per class per year.
7. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
8. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
9. The schools may demonstrate support for the health of all students by hosting health clinics, screenings and well-being screening as well as encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
10. Schools in our system provide all students a breakfast and lunch at no cost to eliminate any stigma or identification of needy students.

11. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
  
- D. Furthermore, with the objectives of enhancing student health and reducing childhood obesity, the following guidelines are established:
  1. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
  
  2. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals meet or exceed the regulations issued by the U.S. Department of Agriculture (USDA).
  
  3. The County shall comply with Child Nutrition Standards in accordance with Policy 8510.01 and West Virginia Board policy 4321.1.
  
  4. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
  
  5. Except for foods served in the school nutrition programs, no food or beverages shall be sold, served or distributed to students on school campuses from the time the first child arrives until 20 minutes after all students are served lunch. Vended snacks may be sold using contracts with board approved vendors in all schools. USDA Smart Snack guidelines will be followed for snacks served

or sold while Smart Snack entrees will be prohibited. Nutritional guidelines may be found in Appendix 1 – A Guide to Smart Snacks in School.

6. For classroom celebrations, school principals must monitor and assume responsibility for all food offered to school children. All foods served or distributed must meet all requirements of the guidelines and be considered safe for all children in the classroom setting.
7. Celebrations permitted during the school day must be thirty (30) minutes after the last student has received lunch. Approved school-wide celebrations will be limited to no more than four (4) celebrations per year and should last no more than one hour.
8. All food contributed to celebrations must be commercially prepared and in the original package. A nutritional and ingredient label should be present. Exceptions to this requirement include fresh vegetables and fresh fruit. No homemade treats are permitted.
9. Food items containing the 8 most common allergens must be considered for children while at school (peanuts, tree nuts, milk, egg, wheat, soy, fish, shellfish). Foods served to students at school may not contain peanuts or tree nuts. Along with peanuts and tree nuts, the following ingredients are responsible for the majority of all food allergy reactions in children: milk, eggs, fish, shellfish, wheat and soy. Cross contamination may occur with food manufacturers when a safe food comes in contact with a food allergen. Precautions must be used when approving all foods containing these allergens.

10. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standard.
11. Continuing professional development shall be provided for all staff of the food service program.

### **School celebrations**

With regard to celebrations:

1. Celebrations that occur during the school day, where treats are provided to students are limited to no more than four (4) per year. By August 31, principals will complete a form designating the dates and times of these parties. This form will be submitted to the following:
  - The appropriate Administrative Assistant
  - The district Food Service Coordinator
  - The school's assigned nurse
2. Celebrations must be held at least thirty (30) minutes after the last student has received their lunch tray.
3. Celebrations should last no more than 1 hour.

### **Ideas for parents in lieu of food items for celebrations**

1. Distribute party favors such as bouncy balls, matchbox cars, erasers, tops, magnifying glasses, notepads, whistles, bubbles, stickers, pencils, pens, rulers, Frisbees, jump ropes, paddle balls, pencil grips, yoyos, finger puppets, plastic sliding puzzles, puzzle games, slinkies, spinning tops, marbles, jacks, playing cards, magnets, crazy straws, seeds for growing plants, and sidewalk chalk as age appropriate.
2. Arrange a treasure hunt around the classroom.
3. Give supplies and directions for a craft. Ask the parents to come and help with the craft.

## **Middle and high school celebration/treat/food guidelines**

1. The core beliefs about the serving and consumption of party and treat foods at the middle and high school levels mirror the elementary beliefs regarding safety, home-school communication, reasonable portions, equitable offerings, guideline enforcement, and healthy food prioritization. We also recognize, however, that students in Grades 6-12 are generally more equipped to manage known food allergies and recognize an allergic reaction. Nevertheless, it is important that guidelines for dealing with food allergies be followed at all times.
2. Parties and events should be more about activities and traditions than the food itself. Staff members should be provided training and awareness to increase their understanding of food safety.

## **Student projects involving foods**

Student projects completed at school shall be free of peanuts and tree nuts. Supervised high school culinary arts class projects are an acceptable exception to this requirement. Foods used for fundraising will occur during non-school hours, on weekends, or at off-campus events.

## **Food allergens and ingredients**

Food served to students at school may not include peanuts or tree nuts (almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, and walnuts). Purchased foods to be served to students must include a general list of ingredients that indicates whether any of the following ingredients are included. Along with peanuts and tree nuts, the following ingredients are responsible for ninety percent of all food allergy reactions in children:

- Milk
- Eggs
- Fish
- Shellfish
- Wheat
- Soy

## **Suggested foods**

Following is a comprehensive list of suggested individually prepackaged and factory-sealed treats.

- Air popped or low-fat popcorn
- Animal crackers, graham crackers, teddy grahams
- Applesauce
- Bagels (whole grain is better)
- Baked chips (be aware that Baked Cheetos and Sun Chips are higher in fat and sodium than other baked chip varieties)
- Baked tortilla chips or baked chips/snacks
- Canned fruits (preferably packed in natural fruit juices instead of syrups)
- Dips based on low-fat yogurt or sour cream (be aware of sugar and salt content)
- Fresh vegetables
- Fresh fruits, dried fruits, frozen fruits, canned fruits in water
- Frozen yogurt
- Fruit cups
- Fruit or pretzels dipped in a yogurt-based coating: strawberries, raisins, cherries, etc.
- Fruit smoothies (preferably yogurt or sorbet based)
- Graham cracker based items
- Granola or multi-grain bars (be aware of products that contain nuts or nut byproducts)
- Humus or low fat dips or salsa
- Jerky
- Low fat cheese including string cheese
- Soft frozen lemonade or fruit bars
- 100-calorie packs (Wheat Thins, Cheese Nips, Chips Ahoy, Oreo)
- Other fruit based desserts: fruit and yogurt parfaits, strawberry shortcake, mixed berries with whipped cream, baked apples with granola topping
- Cream cheese cups

- Pita bread or pita chips and hummus dip
- Pretzels (low salt is better)
- Cracker chips
- Salsa, guacamole, bean dip and fruit salsa
- Sunflower or pumpkin seeds
- Trail mix, Chex mix or popcorn based snack mix (be aware of products that contain nuts or nut byproducts and sodium content)
- Whole grain cereal (unsweetened)
- Whole grain crackers, rice cakes
- Whole grain and fruit/vegetable breads and muffins: banana, zucchini, carrot or oatmeal bread, bran muffins, etc.
- Yogurt-low fat or Greek style
- Yogurt or soy-gurt

### **Important notes**

- Food/snacks shall not be sent home with students. This pertains to school snacks and/or food from school day meals. It does not pertain to the student participation in school pantries or the Backpack Blessing programs.
- Direct communication between the parents of students with food allergy and parents providing food is recommended. The classroom teacher should facilitate contact without violating privacy by encouraging the parent of the child with the allergy to initiate contact with the parent providing the food. (Suggestion: Photo of product ingredients can be sent to the parent of the child with the allergy).

### **Students with food allergies**

The Board recognizes the importance of providing all students with a safe and accessible educational environment. In consultation with parents, school nurses, and other employees, school volunteers, students and community members, the Board has developed the following approach to protect students with peanut or other food allergies:

1. Parents of students who have an allergy to a food item are responsible for providing information about the allergy, including documentation from the student's physician describing the nature of the allergy, to the principal of the school building in which the student attends.
2. The principal or principal's designee shall, in consultation with the school nurse or other district personnel as needed, determine which procedures are necessary to protect the student with allergies.

### **Note**

Healthy food items shall be considered and preferred. Homemade foods are NOT permitted at parties. All foods contributed must be in their original package with a label so that they may be properly evaluated for possible allergy reactions with students and carbohydrate counting. The exception would be fresh vegetables, fruit, and bottled water. Portion sizes should be according to the packaging or reasonable given the age of the students.

### **Allowable beverages**

**Kindergarten - 5<sup>th</sup> Grade:** Beverages will be limited to water and the following:

- Fruit or vegetable juice, provided the beverage item is not more than 8 ounces, is 100% juice with no added sweeteners and contains no more than 120 calories per 8 ounces.
- Milk or a nutritionally equivalent milk alternative, provided the beverage item is not more than 8 ounces, is fat-free or low-fat and, if flavored, contains no more than 150 calories per 8 ounces.

**6<sup>th</sup> – 8<sup>th</sup> Grade:** Beverages will be limited to water and the following:

- Fruit or vegetable juice, provided the beverage item is not more than 10 ounces, is 100% juice with no added sweeteners and contains no more than 150 calories.
- Milk or a nutritionally equivalent milk alternative, provided the beverage item is not more than 10 ounces, is fat-free or low-fat and, if flavored, contains no more than 190 calories.

**9<sup>th</sup> – 12<sup>th</sup> Grade:** Beverages will be limited to water and the following:

- Fruit or vegetable juice, provided the beverage item is not more than 12 ounces, is 100% juice with no added sweeteners and contains no more than 180 calories.
- Milk or a nutritionally equivalent milk alternative, provided the beverage item is not more than 12 ounces, if fat-free or low-fat and, if flavored, contains no more than 225 calories.
- A no-calorie or low calorie beverage if the beverage contains no more than 10 calories per 8 ounces, excluding beverages defined by the U.S. Department of Agriculture (USDA) as “Foods of Minimal Nutritional Value” (e.g., soda water).
- A beverage that is not more than 12 ounces and contains no more than 100 calories, excluding beverages defined by the USDA as “Foods of Minimal Nutritional Value.”

The Board designates the Superintendent as the individual(s) charged with operational responsibility for measuring and evaluating the County's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

**Addendum 1:**

## What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 1% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less